

Hawaii Marine Lifestyles

KAILUA'S ON THE JUICE: LANIKAI JUICE

MADE FROM OAHU'S ORGANIC GEMS

Story and photos by
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Combat Correspondent

KAILUA — Looking for a relaxing, smoothie alternative to complement a hard bike ride, a vigorous swim, surf session or to top off a long day of events this weekend? Look no further. Lanikai Juice is here to give you one of the best fresh fruit smoothie, juice and specialty bowl experiences you will have on the island of Oahu.

The local fruit establishment, founded in 1997, has given a new meaning to the term “organic,” divvying up the diversity with all natural, local, and most of all, absolutely fresh, not previously frozen, ingredients delivered to the three stores around Oahu on a daily basis from local farmers around the islands, and from the mainland. With their motto “Fresh, Pure, Hawaiian” in mind, Lanikai Juice is making strides to promote the delicious part of a healthy lifestyle.

Boasting the honor of serving U.S. Department of Agriculture certified Organic produce, and a member of the Hawaii Organic Farmers Association, Lanikai Juice keeps its operation small to keep quality high.

“We look locally for our organic produce,” said Sophie Pieridis, director of marketing and business development, Lanikai Juice. “This not only helps us support the local economy, but ensures we have the freshest products. We only receive fruit from the mainland if we absolutely have to.”

Lanikai Juice’s menu is vast for a small establishment, offering everything from daily fresh squeezed medley juices like the Sunrise Chill (oranges, apples and pineapples), to super power smoothies like the Coco Champ (various fruits, coconut milk, and whey protein), and their single and two person Acai (a-sigh-ee) bowls, with a plentiful blend of blueberries and strawberries, topped with a ring of sliced bananas, and oozing with fresh apple juice.

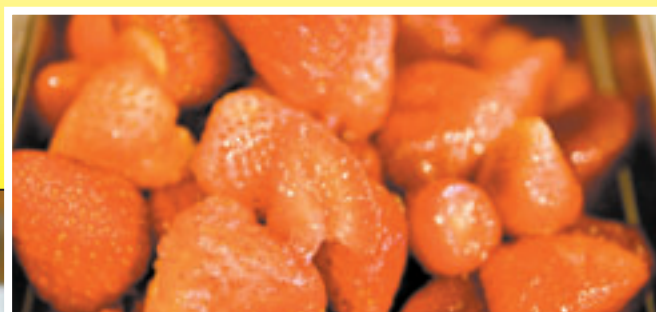
“I’m here visiting my daughter and she loves this place,” said Marine Corps mom Dorris White from Texas. “So far, this is my third time back. It’s delicious, healthy and close to the base.”

To start your weekend right, end it on a strong note or even to escape the normality of the workweek, visit Lanikai Juices in Kailua, Kahala, or Haleiwa. For more information call Lanikai Juice at 262-2383.

Careful hands prepare these tasty healthy treats with an artistic flair. They are as refreshing to look at as they are to eat.

Lanikai Juice smoothies and bowls come in various sizes. The bowls are sized for either a single person or two, and the smoothie and specialty drink sizes range from small to large.

Strawberries used in the smoothies and Acai bowls are vibrant and ripe for eating.



Displayed at the front counter is a wide assortment of freshly squeezed juices and various fruits the store sells. All juices and specialty drinks are made right at Lanikai Juice. The bottled juices are from squeezed fruit received by the store that very morning.



PAPAYA
\$1.95

FRESH PINEAPPLE
JUICE \$3.50

FRESH ORANGE
JUICE \$4.10

**100%
FRESH PURE
JUICES**



**100%
FRESH PURE
JUICES**

PASS

IN

REVIEW

Your weekly guide to the best aspects of entertainment

Welcome to the Pass In Review, your number one source for cinema, music, videogame, book and product reviews. The Pass In Review crew consists of more than 10 critics, each with their own idea of what makes a movie, album, game, product or book great. So be sure to take advantage of the Better Know A Critic section, which spotlights this week’s critics to better help you choose the critic with opinions most like your own. Using our breakthrough four-point scale system you can quickly decipher what is worth your time and what isn’t, or read the full review for an in-depth analysis and explanation of the rating. The rating system uses ammunition and range terminology, so if you’re not familiar, here’s a quick breakdown of the ratings ...

- 1/4 — No Impact, No Idea

Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.


- 2/4 — High And To The Right

Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if you have nothing better to do.


- 3/4 — On Target

Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.


- 4/4 — Confirmed Kill

Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.



So, there you have it and we hope you enjoy our weekly reviews. Don’t forget, The Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm feel free to submit your own reviews.

Better Know A Critic



HOLLY



COLE


When **Gunnery Sgt. Matthew O. Holly** enters a movie he tries not to have any expectation as to how it will be perceived. When viewing movies for the first time the acting does not have to be great, but merely adequate just as long as it keeps him enthralled in the picture. He’s a fan of solid, stylistic and unique cinematography and believes a movie’s soundtrack can make or break a film.

Garrett Cole believes that film-making is less about big-budget blockbusters and special effects and more about effectively telling a story through pictures and good screenwriting. His favorite movies include “The Godfather” trilogy and “Kill Bill.” For him, a great movie is one that is both thought provoking and as well as visually stimulating for the audience to appreciate.

The Twilight Saga: Breaking Yawn

Gunnery Sgt. Matthew O. Holly

Public Affairs Chief



All clichés aside — this movies is what it is billed to be, and the beginning of the end is upon us as the first half of the last novel of the series is brought to the big screen. This installment centers on human, Bella Swan (Kristen Stewart) and vampire Edward Cullen’s (Robert Pattinson) scary concept of marriage and parenting as werewolf, Jacob Black’s (Tyler Lautner) deep-seeded inability to come to terms with the relationship of Bella and Edward.

In the opening minutes “Team Jacob” (I promised myself I wouldn’t use the term, but I have a 17-year-old daughter to think about) is invited into the story as the shirtless Jacob tries to run his frustration out of the love triangle after receiving an invitation to the human/vampire wedding.

For starters, the acting was worse than usual in the opening, it really seemed as if the whole cast was out of character; however, all seemed to get

back to their regular bad selves, who we’ve all grown accustomed to — so the acting isn’t totally unbearable.

Prior to the wedding there’s a dream sequence in which Bella, as she stands at the altar, notices the corpses of her family and friends pile up behind her. I believe I know what the filmmakers were going for, but to me it’s as if they’re trying to send deep and dark undertones to the viewer. It came off a bit lame and didn’t really jive with the previous Twilights.

Not to fear though, the wedding went off without a hitch — almost...

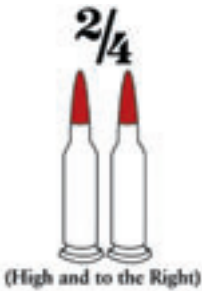
Cut to the honeymoon. Immediately after the wedding the couple darts off to Brazil, where the filmmakers took two minutes to capture almost every trite expression of Rio De Janeiro. Then it was off to a secluded island for the newlyweds. This sequence seemed to last a verrrry — long time, I was like, “HOLY CRAP! Can we just get on with it already?” I believe the film could have captured its intention within 10 to 15 minutes,

but instead they kept us annoyed with boring dialog and no action. Parents beware, the insinuated and un-insinuated love scenes may be a bit much for children under the age of 13. There’s also a gory yet surprising blood drinking scene and a birth scene reminiscent of “Rosemary’s Baby.”

All in all, the same elements that made the Twilight series what it is today runs rampant in this latest installation of the tween, sure to be, blockbuster. Ensure to conduct your calisthenics or some type of warm-up for your eyeballs because I would hate to see someone get injured after excessive eye-rolling. Yes, it’s that cheesy.

If you’re a fan of the series you will not be disappointed, but also know that the film can’t stand on its own. Ultimately, it is setting the scene for an epic grand finale — we can only hope.

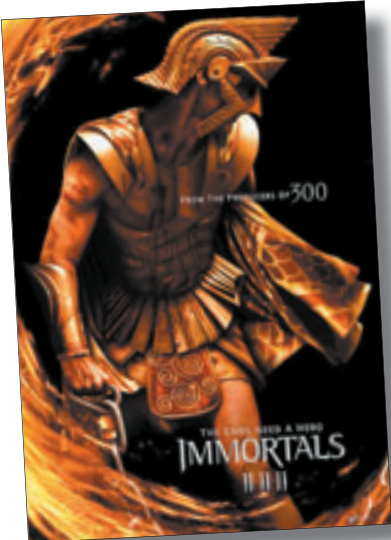
Oh, and if you enjoy the movie enough to last the duration, stick around after the ending credits, there may be some sort of precursor to Part 2, which is scheduled to be released next November.



“Immortals” drops dead at box office

Garrett Cole

Contributing Writer



Greek mythology has always been a source of great inspiration and entertainment, which could have allowed Tarsem Singh’s “Immortals” to ride on the coat tails of movies like the original “Clash of the Titans,” “Hercules,” “Jason and the Argonauts,” as well as Zack Snyder’s adaptation of Frank Miller’s “300.” However, Singh is no Zack Snyder and “Immortals” is no “300.”

Tarsem’s claim to fame is the visually stunning and disturbing movie “The Cell” starring Jennifer Lopez. This is the third big budget film for the India-born director. He’s known for having elaborate set designs and costumes in his films.

The story is an adaptation of the Greek hero Theseus (Henry Cavill) as he journeys through Greece to stop the Heraklion King of Crete, Hyperion (Mickey Rourke) from releasing the incarcerated titans and enslaving the human race. After witnessing the slaughter of his hometown and the murder of his mother, Theseus vows revenge on Hyperion and the Heraklion army. While on his trek, he encounters new allies who aid him in his quest to save humanity.

Right off the bat, I found the movie to be too loud which completely distracted me from what I was

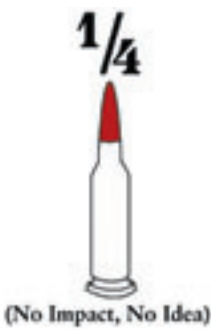
watching. Having no prior interest or knowledge of the plot, I went into the theater with an open mind. During the film, I randomly checked my phone to see if I had missed a call only to find that I had already been in the theater an hour and it felt like nothing in the plot had been accomplished. The film had no foundation as the audience was dragged through the movie until a random/bloody fight scene occurred to keep their attention. It was like riding a roller coaster in the “kiddy” section of a theme park.

The majority of my disappointment stemmed from the high level of tacky set designs, cheap costumes, and lack of acting. Despite the efforts of award-winning actors such as Mickey Rourke and John Hurt, the movie still failed to deliver. The acting was overdramatic and at times that detracted attention from emotions the audience should have felt.

The characters had almost no development and depth, which almost felt like I was watching a really dark cartoon.

On a positive note, many of the costumes and settings were visually stunning. The interpretation of the epic battle between Theseus and the Minotaur was entertaining. Other visuals such as the final battle and the scenes featuring the titans had potential to be good but fell to redundancy of campy choreography and an excess of gore.

Throughout the time I was watching the movie I felt like it should be on an episode of “Mystery Science Theater 3000.” With the plot being a recycled revenge story and the acting like a high school drama class, it was not the kind of movie I would recommend to anyone. But if you’re into mindless repetitive violence, gore, and over the top costumes by all means “Immortals” is the movie for you.





Prices: All shows are \$3.25 for adults and \$2.25 for children. For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call **254-7642** for recorded information.



“Real Steel” PG13

Today | 7:15 p.m.

“The Ides of March” R

Today | 9:45 p.m.

“Dream house” PG13

Saturday | 7:15p.m.

“50/50” PG13

Saturday | 9:45 p.m.

“Real Steel” PG

Sunday | 2 p.m.

“The Ides of March” R

Sunday | 6:30 p.m.

“The Ides of March” R

Wednesday | 6:30 p.m.

Military, community celebrate peace time in Hawaii

Makahiki ceremony celebration held at Bellows Beach

Kristen Wong
Photojournalist

Marine Corps Base Hawaii joined Bellows Air Force Station and many community groups to usher in the peaceful season in Hawaiian tradition, Makahiki, at Bellows Beach, Saturday.

Marine Corps and Air Force personnel participated in the second annual Waimanalo Makahiki event, which was sponsored by many local organizations including the Oahu Council of Hawaiian Civic Clubs and St. Matthew's Episcopal Church.

The Makahiki season begins during the month of October and runs until March. During Makahiki, Lono, the Hawaiian god of fertility and rain arrives, and Hawaiians traditionally hold ceremonies and games that accompany this event.

Kahu Ryan Kalama, the president of the Kailua Hawaiian Civic Club, said Bellows Air Force Station is considered a "safe haven" for the organizations to put on the event. Part of the celebration gave the local youth an opportunity to camp out at Bellows Beach Park, play games and learn about Hawaiian culture. Kalama expressed how pleased he was to see more than 200 volunteers "working together in peace and harmony."

"This is what Makahiki is all about," Kalama said. "[It's] a dream come true."

On Saturday morning, Makahiki began with a special chant, known as "E Ala E," out of respect and thanks to the sun for the weather. Ceremonial participants welcomed the Hawaiian god Lono ashore, represented by a wooden cross with two long, white sheets attached. Many groups attending the event participated in the Hookupu procession, offering gifts to the Na Koa warriors, who would then present them to Lono.

"[Makahiki was a] very educational and cultural experience," said Lt. Col. Michael Antonio, director, Operations and Training Directorate.

Antonio, of Coral Springs, Fla., participated in the ceremony at the event.

"[I] learned that Makahiki is a celebration of the harvest season and that Lono is the god of rain and fecundity," Antonio said. "This celebration is much like our traditional Thanksgiving. I enjoyed watching

the children play the games and felt honored and privileged to be a part of a procession that is reverent and sacred."

"I'm excited and honored," said Air Force Maj. Rick Pelzl, commander, Bellows Air Force Station. "I think it's a once in a lifetime opportunity to be part of a special, local event.

Like Antonio, Pelzl, of Ellendale, Minn., was also part of the Hookupu procession.

"It's important that the younger generation participates in the cultural events," said Sen. Pohai Ryan, one of the masters of ceremonies for the event. "Thanks again to the Marine Corps and Air Force to make sure we can grow this event and build a foundation to continue the community involvement year to year."

Kalama said Makahiki helps build a "better relationship with the alii," or leaders. He also referred to the strong wind that day as "the breath of Lono" and thanked Pelzl and Antonio for their attendance.

"Makahiki was established to provide that mingling ... of the alii and the people," said "Uncle" Shad Kane, a prominent figure in the Hawaiian community. He also explained that Makahiki was a time to "set aside ill feelings," and was held at a boundary between districts, which is one reason for the chanting prior to entering the "sanctified ground," where the altar was placed and games were held.

Kane was the announcer for the traditional Makahiki games. The public participated in the various games, such as ulu maika, in which competitors try to roll a smooth, round stone through two sticks.

"The centerpiece [of the event] was really the youth games," said Craig Gorsuch, the environmental program manager at Bellows Air Force Station, and a member of the committee for Makahiki.

Gorsuch said many people were interested in hosting a Makahiki event in Waimanalo.

"[The committee] helped to create something very special," Gorsuch said. "Being a part of that creativity is very fulfilling. I feel a very heartfelt intimate experience."

In addition to the games, families could enjoy story telling and demonstrations. Guests were able to learn how to make an ulu maika stone, how to pound poi, and how to make kapa cloth.

A participant holds up the representation of the Hawaiian fertility and rain god, Lono, during the second annual Waimanalo Makahiki event at Bellows Beach Park, Saturday. During the Makahiki season, which runs from October to March, is a time when the ancient Hawaiians observed a time of peace, play games and share a meal.

Kai Markell | Office of Hawaiian Affairs

Attendees were able to share performances during Kani Kapila, which is similar to an open microphone night. Toward the end of the day, another ceremony was held at the burial grounds aboard Bellows Air Force Station, which contain the ancient remains of Hawaiians. Participants offered their hookupu to their ancestors, and special chants and prayers were also recited.

"It's an opportunity for everyone in the community of different backgrounds to come together and learn about Hawaiian culture," Gorsuch said.

For more information about the Makahiki celebration and other events put on by the Hawaiian civic clubs, visit <http://aohcc.org/>.



Maj. Alan Crouch | Hawaii Marine

Lt. Col. Michael P. Antonio, director, Operations and Training, Marine Corps Base Hawaii, and Air Force Maj. Rick Pelzl, commander, Bellows Air Force Station, bring offerings to the hookupu procession during the second annual Waimanalo Makahiki event, Saturday.

BASE AND COMMUNITY EVENTS, VOLUNTEER OPPORTUNITIES

Windward Choral Society
Fourth Annual Holiday Concert
Dec. 9-10

On Friday, Dec. 9, at 7 p.m., artistic director Susan McCreary Duprey and the Windward Choral Society will perform “‘Tis the Season,” the fourth annual Holiday Concert at the Base Chapel. There will also be a second performance on Dec. 10, at 7 p.m., at the First Presbyterian Church at Koolau. This performance includes traditional Christmas carols, and various types of music from around the globe; including songs from Hawaii, Kenya and a Hebrew number for Chanukah.

Both concerts are free and the one at the Base Chapel is open to those with base access. The concert is dedicated to the deployed Marines and sailors of 3rd Battalion, 3rd Marine Regiment and their families.

MOKAPU BRIEFS

Mokapu Gear Sale
Ongoing

Mokapu logo gear available for sale. Cash or checks should be made payable to Mokapu PTA. Order forms and samples are available to view in P-6. For details email PTAMokapu@gmail.com.

Family Craft Night
Dec. 2

Please bring the whole family and join the PTA for a holiday craft night at 6 p.m. We will be making a banner, holiday cards, ornaments and having a cookie swap.

Winter Wonderland
Dec. 2 - 9

Students will be able to visit the village during school hours to purchase small gifts for friends and family. For details, email PTAMokapu@gmail.com.

Jingle Bell Jukebox
Dec. 9

Mokapu Elementary School is scheduled to present “Jingle Bell Jukebox,” Dec. 9, at 7 p.m. in the school’s cafeteria. Doors will open at 6:30. Everyone is welcome .



Courtesy photo | Mokapu Elementary School

Elexa Dearing, Mackenzie Chorzelewski, Ellen Rehrig and Zhenia Delfin rehearse for Mokapu Elementary School’s upcoming production of “Jingle Bell Jukebox.”

Toys for Tots Car Show
Sunday

Come to Honolulu to see more than 500 cars featured in the free Oahu Car Clubs Toys for Tots Show and Shine event, which benefits Toys for Tots. Cars and clubs of all kinds will be at 100 Ohe Street from 9 a.m. to noon. If donating to Toys for Tots, please bring a new, unwrapped toy and look for the Marines in uniform. For more information, call the event coordinator at 389-8640.

Polo Kalikimaka Military Family Day
Sunday

This inaugural autumn/winter polo event will welcome our military members home for the holidays. Enjoy an afternoon of great polo, live music,

cocktails, gourmet foods, picnicking, swimming and music. Discounted tickets for military members and students. Call 637-PONY (7669).

Making It Through the Holiday
Dec. 21

Get ideas on how to survive the holiday season when you’re on your own or not in the mood! Marine Corps Family Team Building is featuring a workshop from 9 a.m. to noon at Bldg. 244 with tips on how to manage and reduce holiday stress

The class is open to spouses, active duty service members, and others as space permits. Childcare expense reimbursable.

For more information or to sign up, call Jocelyn Pratt, the LifeSkills Trainer, at 257-2653 or email Jocelyn.Pratt@usmc.mil.

HAVE YOU
SEEN
THIS BIRD?



The months of November and December make up the “annual shearwater fallout” season on base and around the islands. Juvenile wedge-tailed shearwaters (seabirds) that are learning to fly often get disoriented by city lights, and fly inland instead of toward the sea. Consequently they fall to ground and get injured or become vulnerable to predators or other hazards. If found, please contact the Military Police Department at 257-2123. Military Police will mobilize designated personnel who will take follow-on actions to rescue and safely re-release these birds to the wild or to rehab.